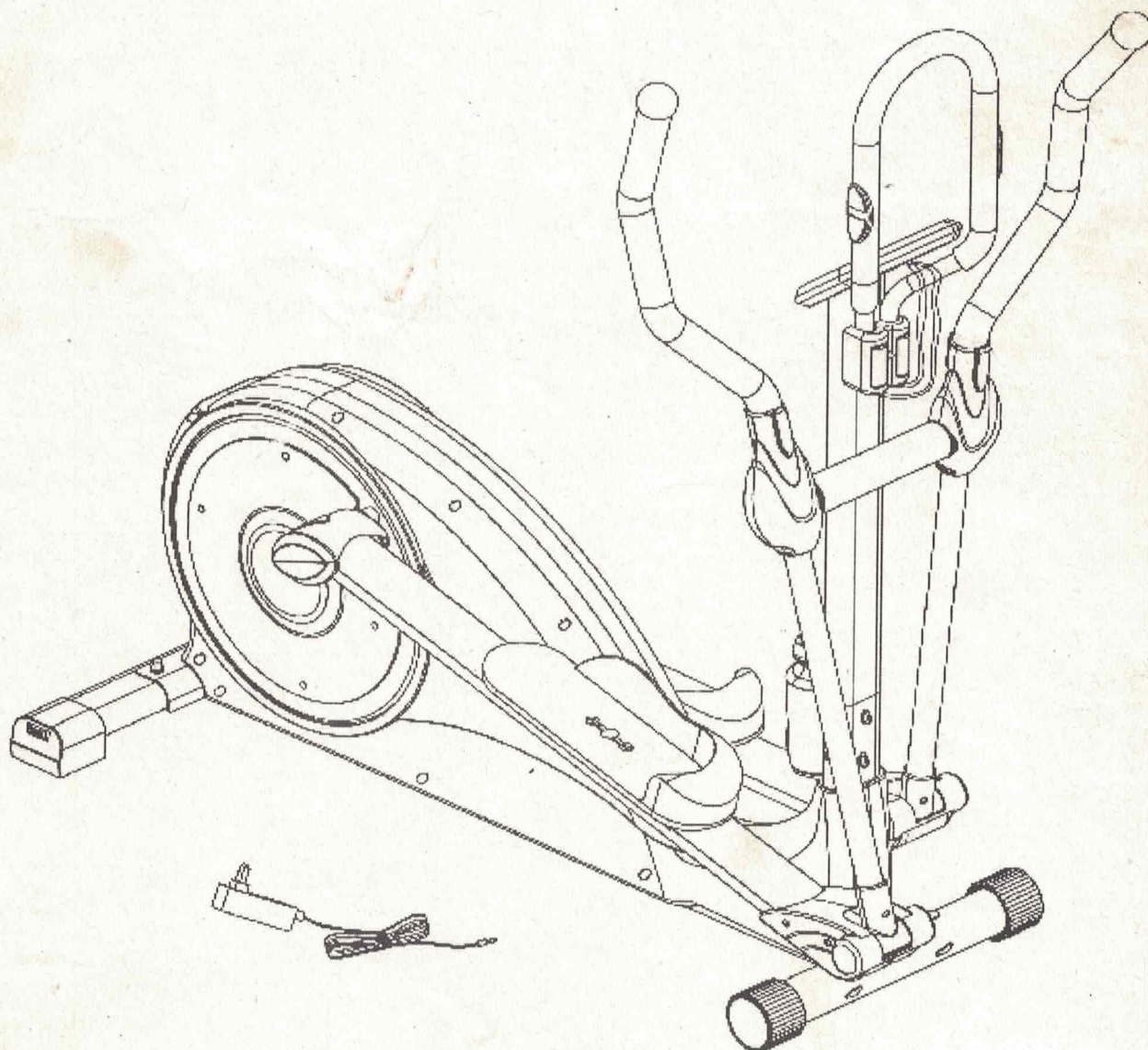


MODEL:ELLIPT2PRO

HURK
HOME GYM

Elliptical Trainer



Elliptical Trainer Max Weight: 220KG & Flywheel Resistance: 60KG
HURK ELLIPT2PRO--240V AU Standard

14-00000-2412

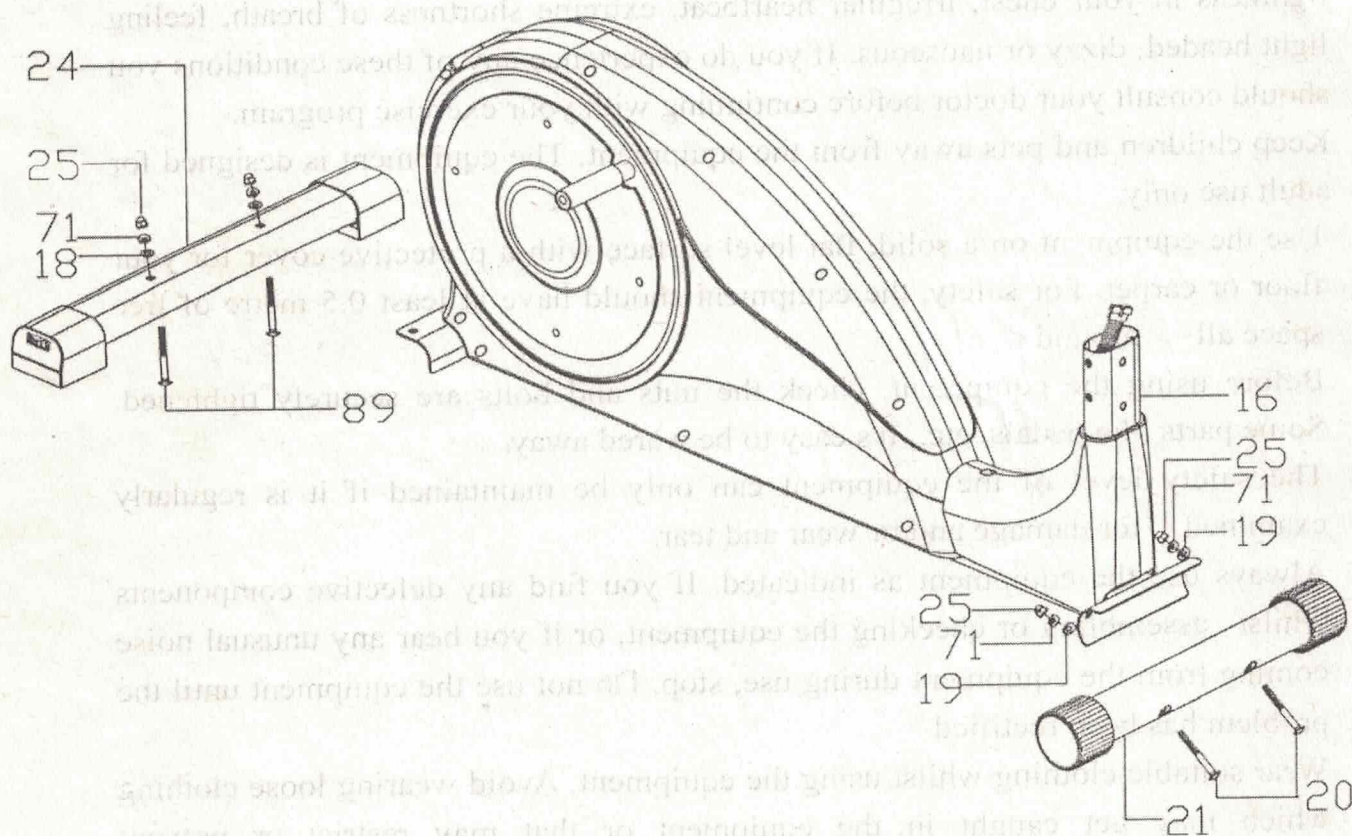
Important Safety Information Please keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 metre of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc., It's easy to be wared away.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 150kg. Breaking is speedindependent.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.
13. Technical assistance service:contact the establishment where you purchased the product,showingthe purchase receipt.



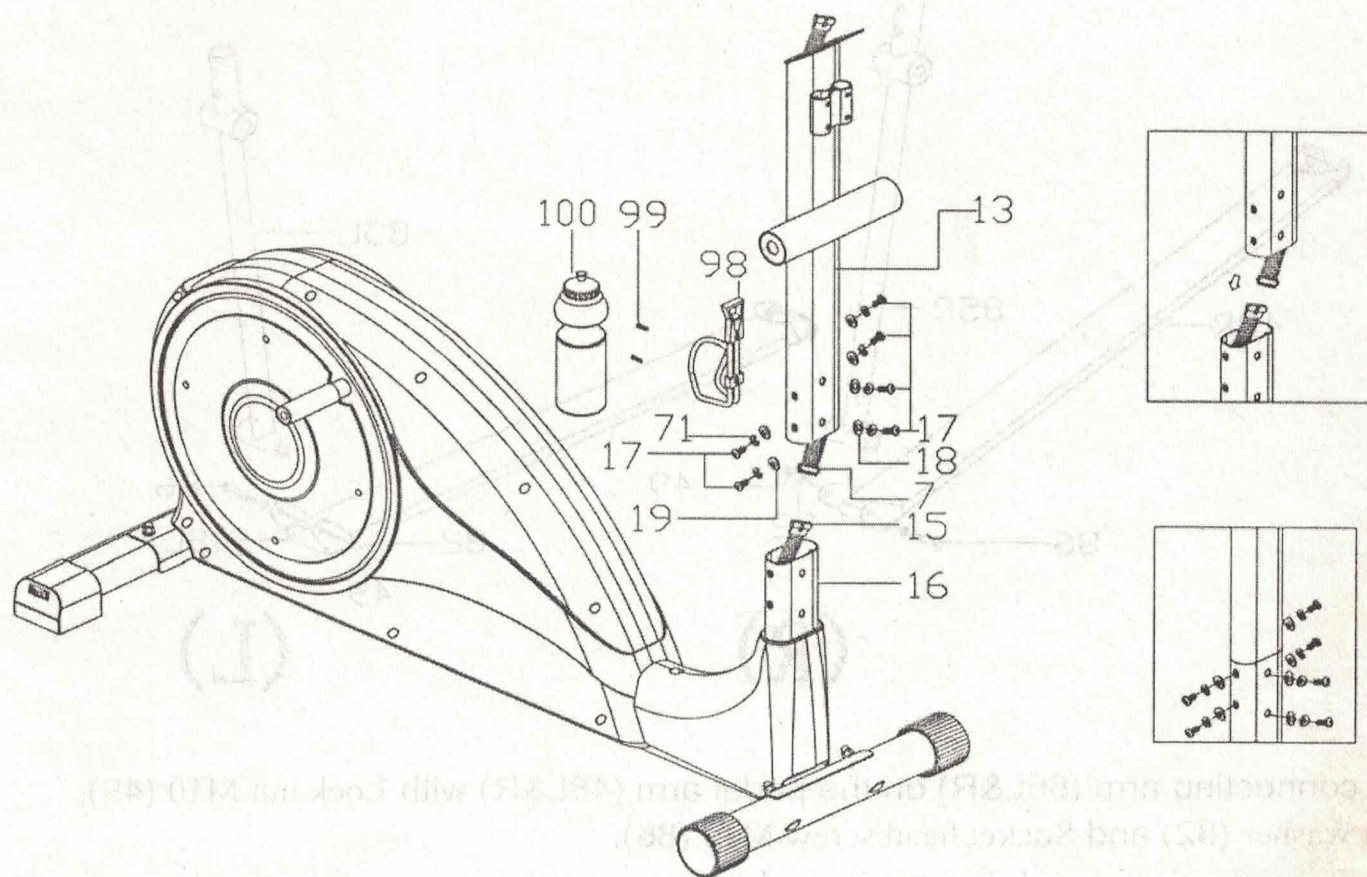
Before assembly, please take out all individual parts from the packing and put them each on the solid and stable place. The main frames should be on a solid and stable protecting ground, since without a good installed condition you could be damaged or scratched. Make sure that you have sufficient movement free space (at least 1.5 m) during the assembly in each direction.

Step 1



Fasten the rear stabilizer (24) with the carriage bolt M8*55L (89), flat washer (18), lock washer (71), and the Domed nuts M8(25) at the main frame (16).
Fasten the front stabilizer (21) with the carriage bolt M8*70L (20), the curved washer (19), lock washer (71), and the Domed nuts M8 (25) to the main frame (16).

Step 2



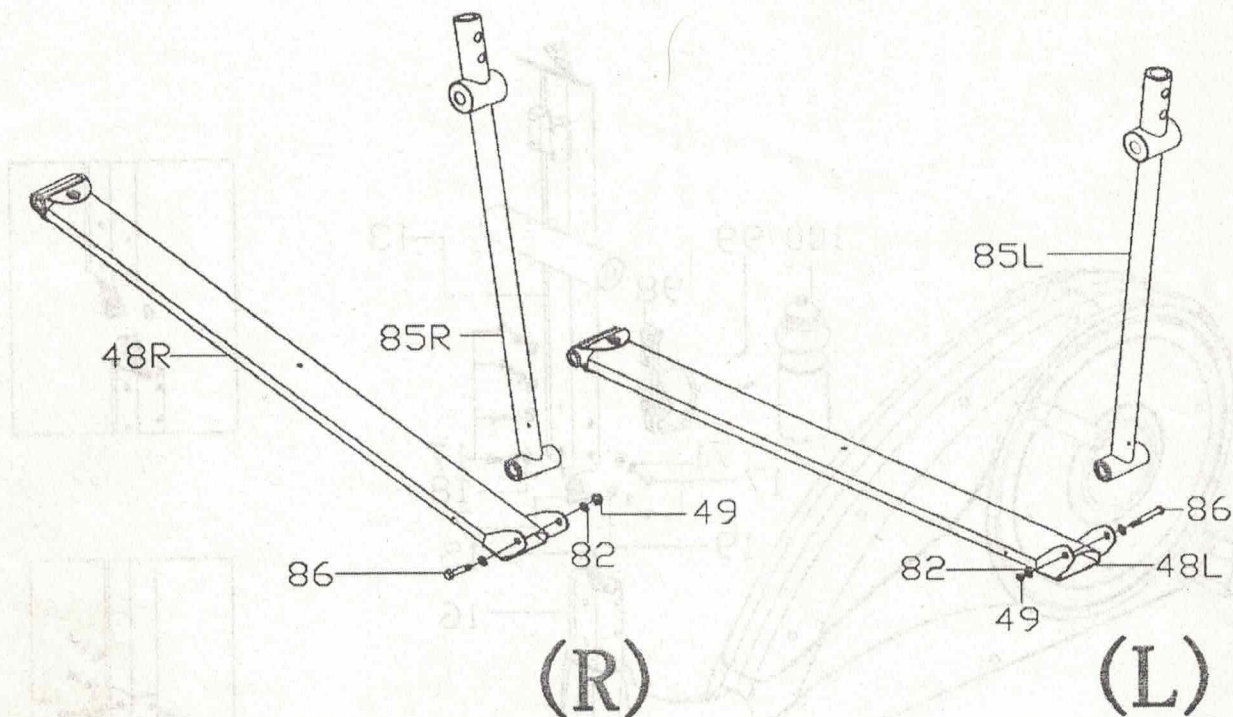
Hold on the handlebar post (13) at the best with support of a second person! Connect the lower plug for upper computer wire (7) with the lower computer wire plug (15).

Insert the handlebar post (13) into the hole of the main frame (16).

Fix the handlebar post (13) with four allen key bolts M8 (17), four flat washer (18) and four curved washer (19). Tighten these connections firmly. Use by the hexagon key.

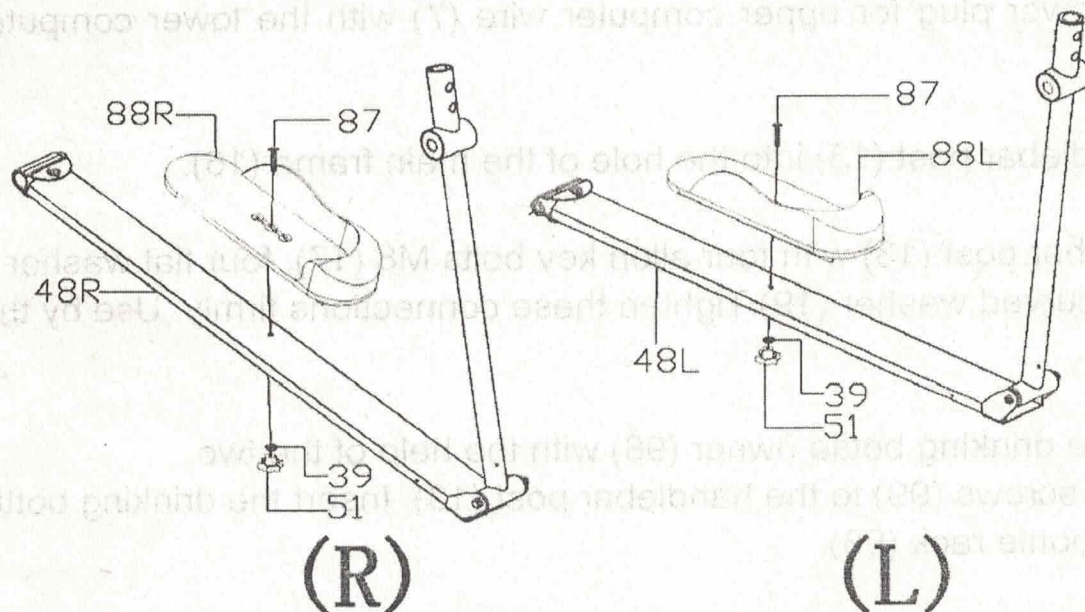
Fasten now the drinking bottle owner (98) with the help of the two cross-notched screws (99) to the handlebar post (13). Insert the drinking bottle (100) into the bottle rack (98).

Step 3



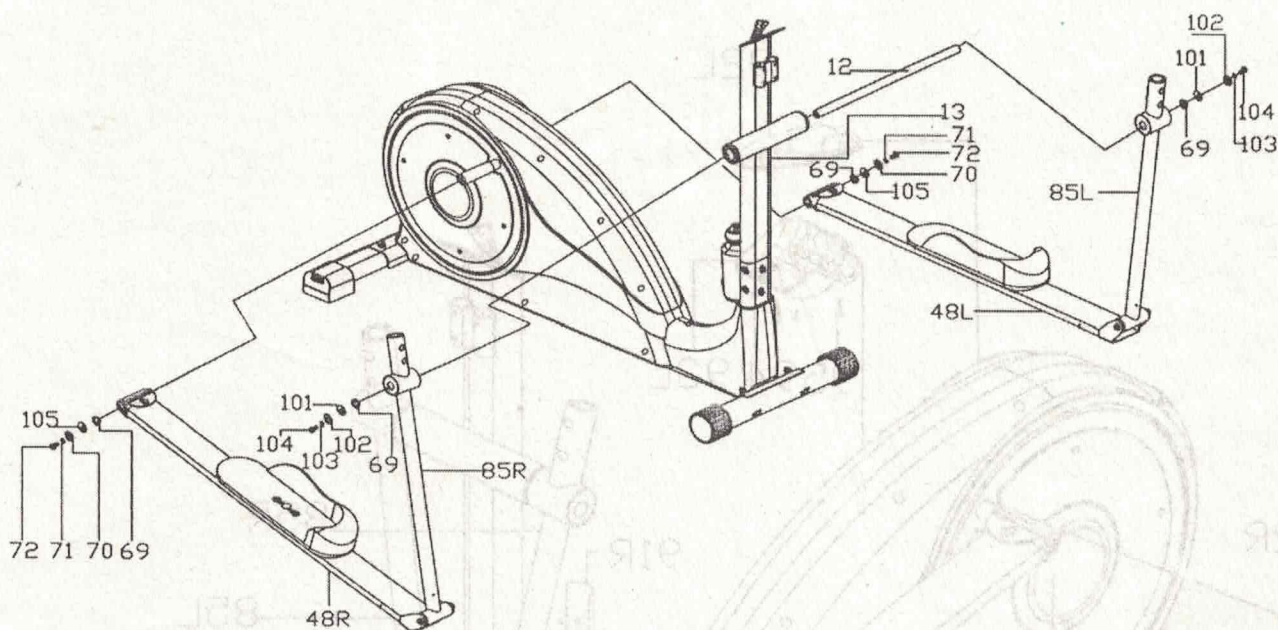
Fix connecting arm (86L&R) on the pedal arm (48L&R) with Lock nut M10 (49), Flat washer (82) and Socket head screw M10 (86).

Step 4



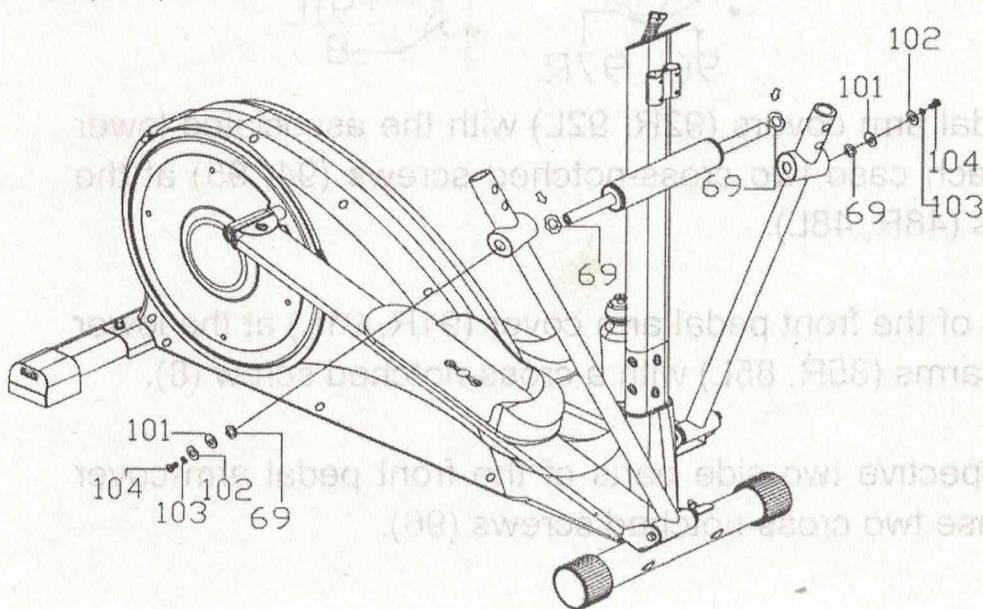
Install the pedal (88L&R) on the pedal arms (48L&R) with Lock screw for pedal M6 (87), Flat washer (39) and Grasp nut (51). You have the possibility of installing the pedal in three different positions.

Step 5



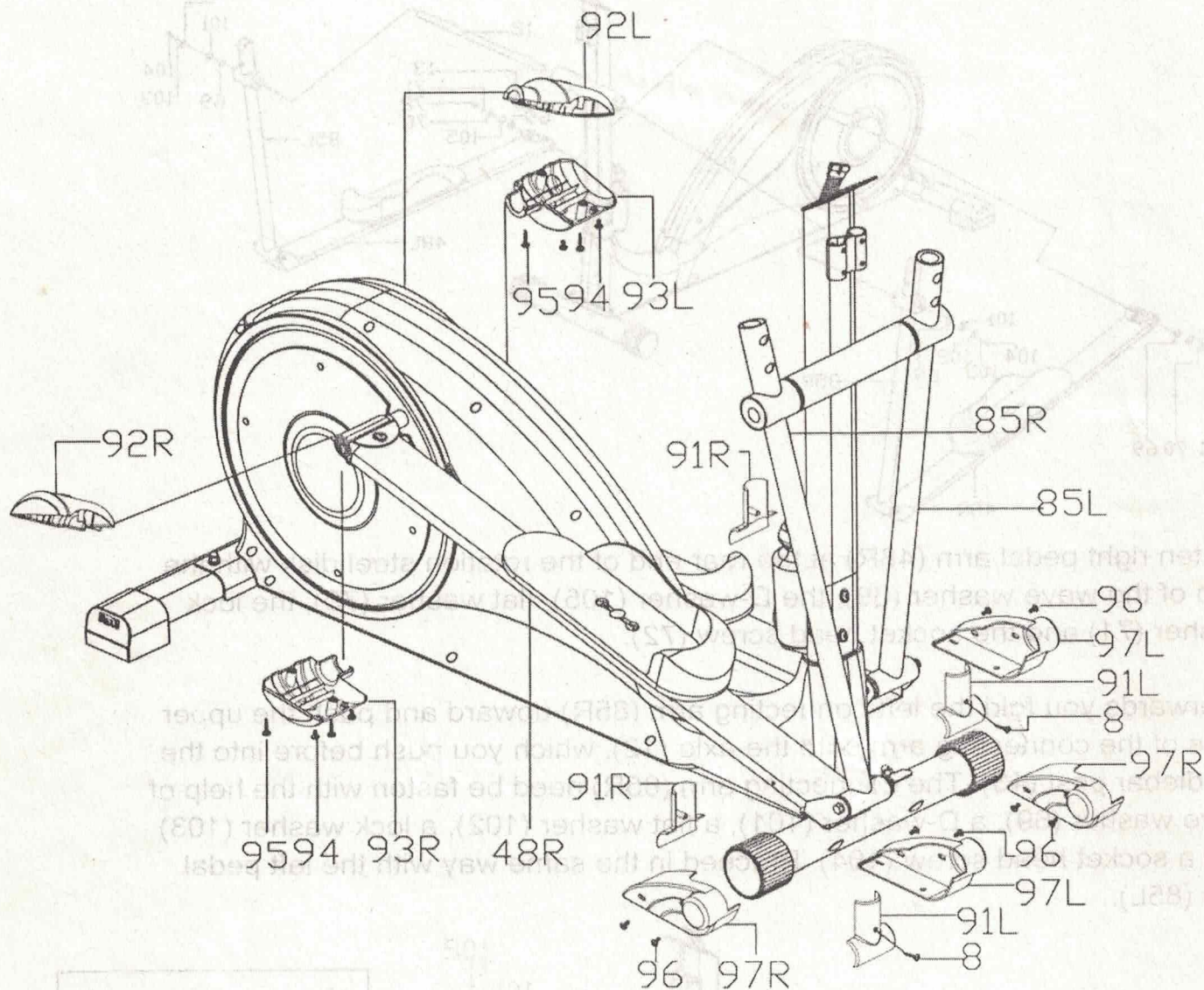
Fasten right pedal arm (48R) at the rear end of the rotation steel disk with the help of the wave washer (69), the D-washer (105), flat washer (70), the lock washer (71) and the socket head screw (72).

Afterwards you fold the left connecting arm (85R) upward and push the upper ends of the connecting arm onto the axle (12), which you push before into the handlebar post (13). The connecting arm (85R) need be fasten with the help of wave washer (69), a D-washer (101), a flat washer (102), a lock washer (103) and a socket head screw (104). Proceed in the same way with the left pedal arm (85L).



You may use 2 wave washers (69) into the handlebar axle (12) if the space between connecting arm (85) and handbar post (13) is large. (This is optional advise)

Step 6

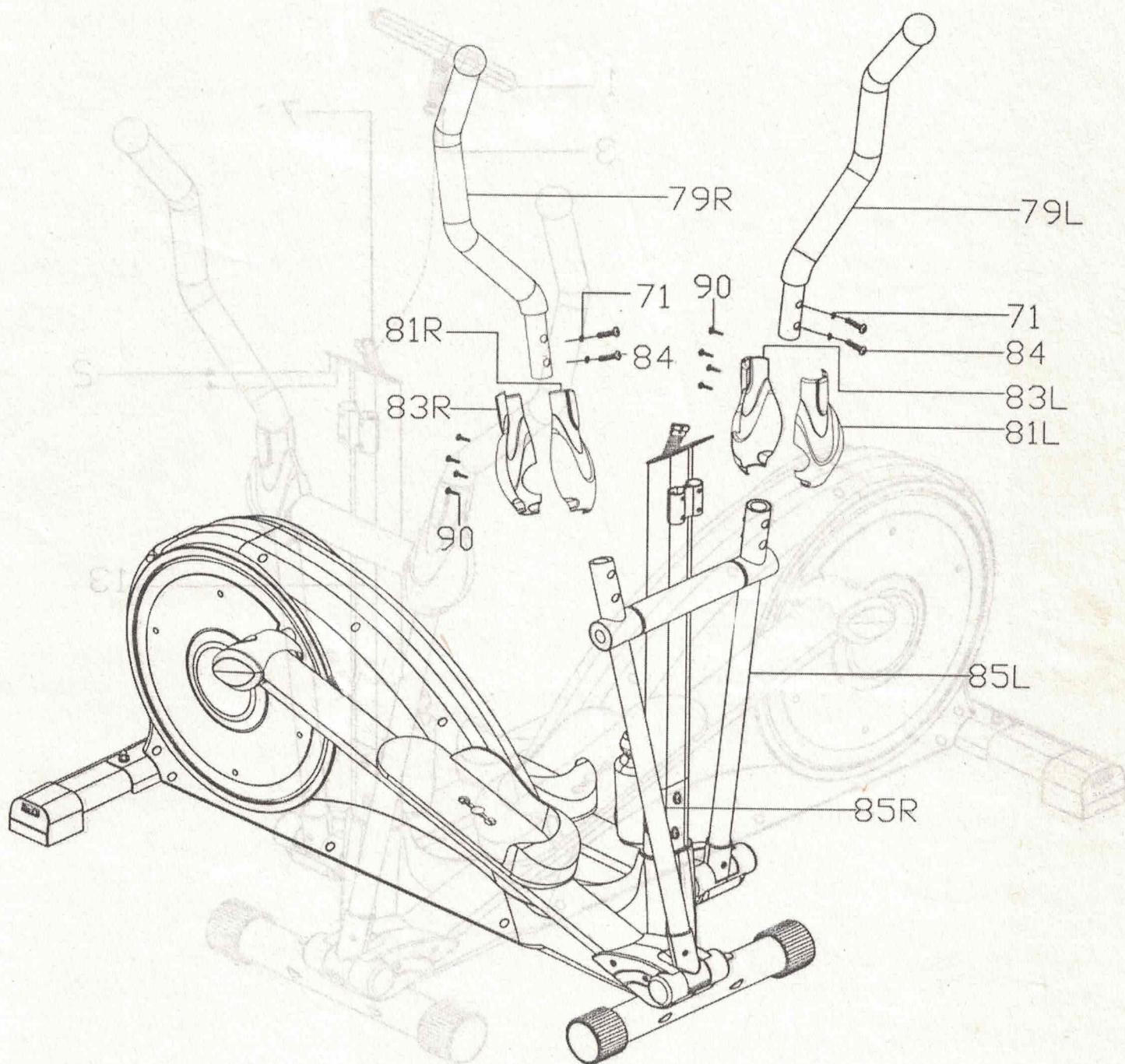


Fasten the rear upper pedal arm covers (92R, 92L) with the associated lower part (93R, 93L) with in each case two cross-notched screws (94, 95) at the rear end of the pedal arms (48R, 48L).

Fasten the front and back of the front pedal arm cover (91R, 91L) at the lower surface of the connecting arms (85R, 85L) with a cross-notched screw (8).

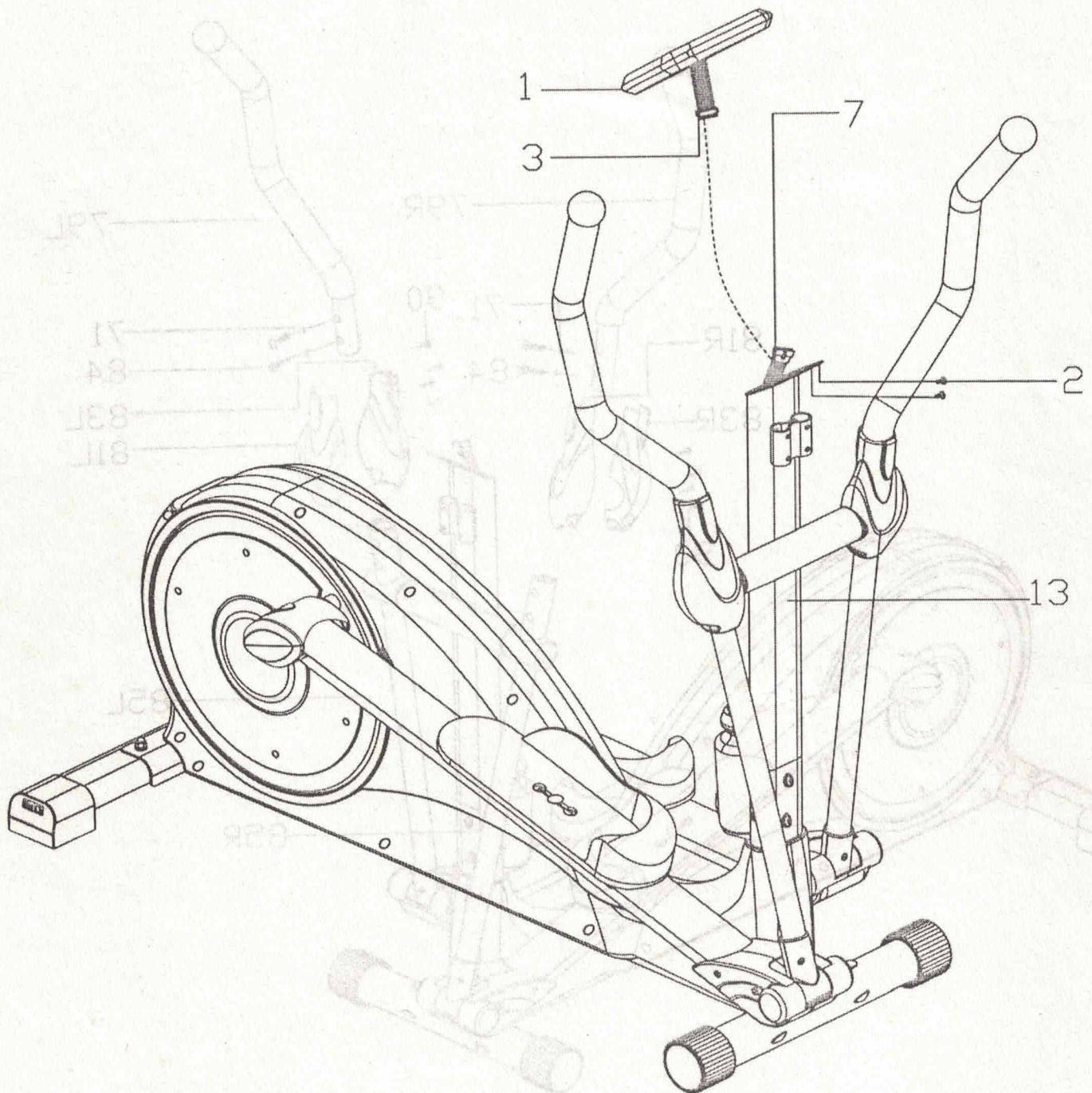
Afterwards fasten the respective two side parts of the front pedal arm cover (97R, 97L) with in each case two cross-notched screws (96).

Step 7



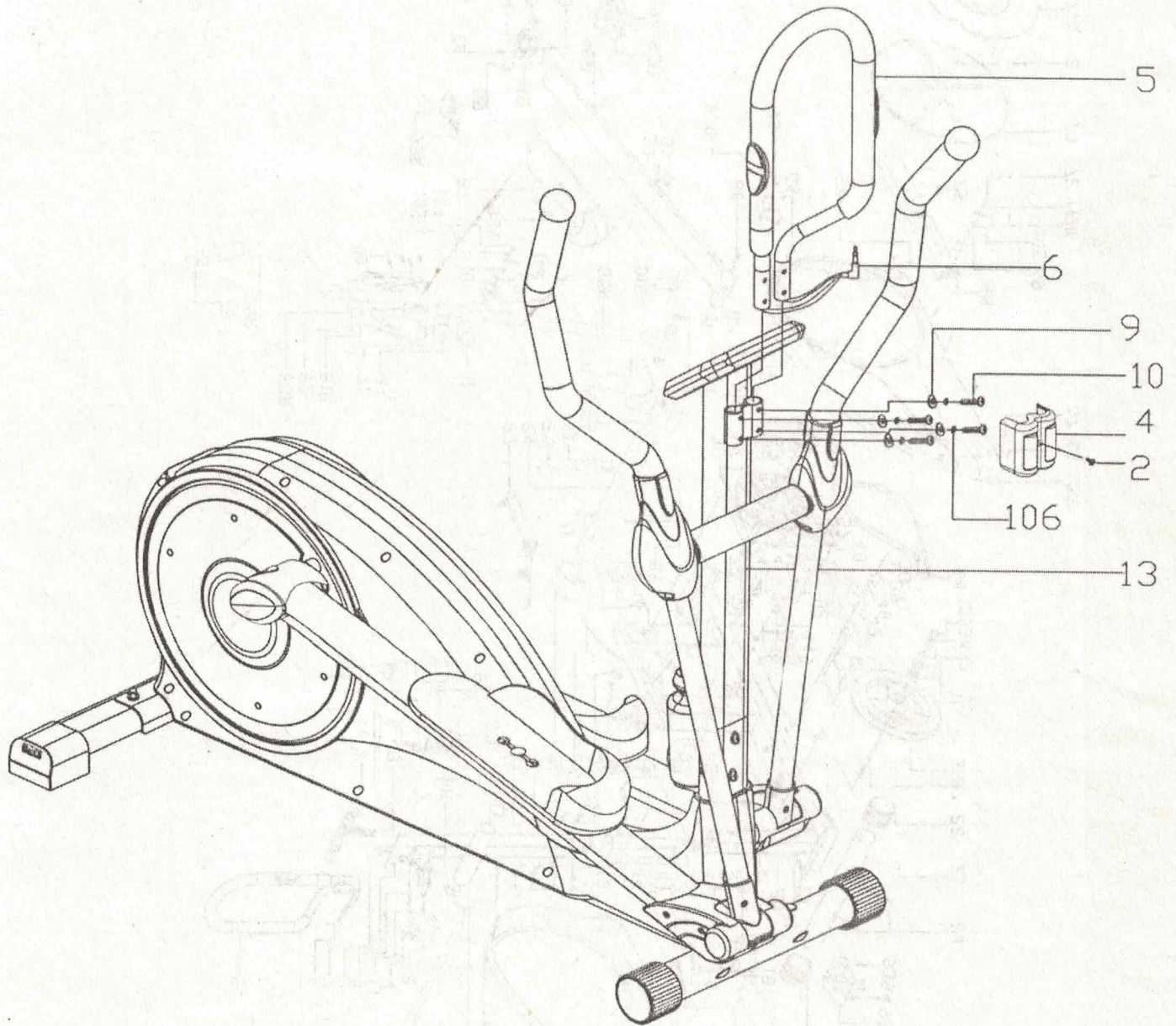
Insert the left and right hand grip (79L, 79R) to the openings of the two connecting arms (85L, 85R). Fasten these with help of two socket head screws (84) and two curved lock washer (71). Fasten the two covers (81L, 81R, 83L, 83R) by previous plugging together with the help of the four cross-notched screws (90).

Step 8



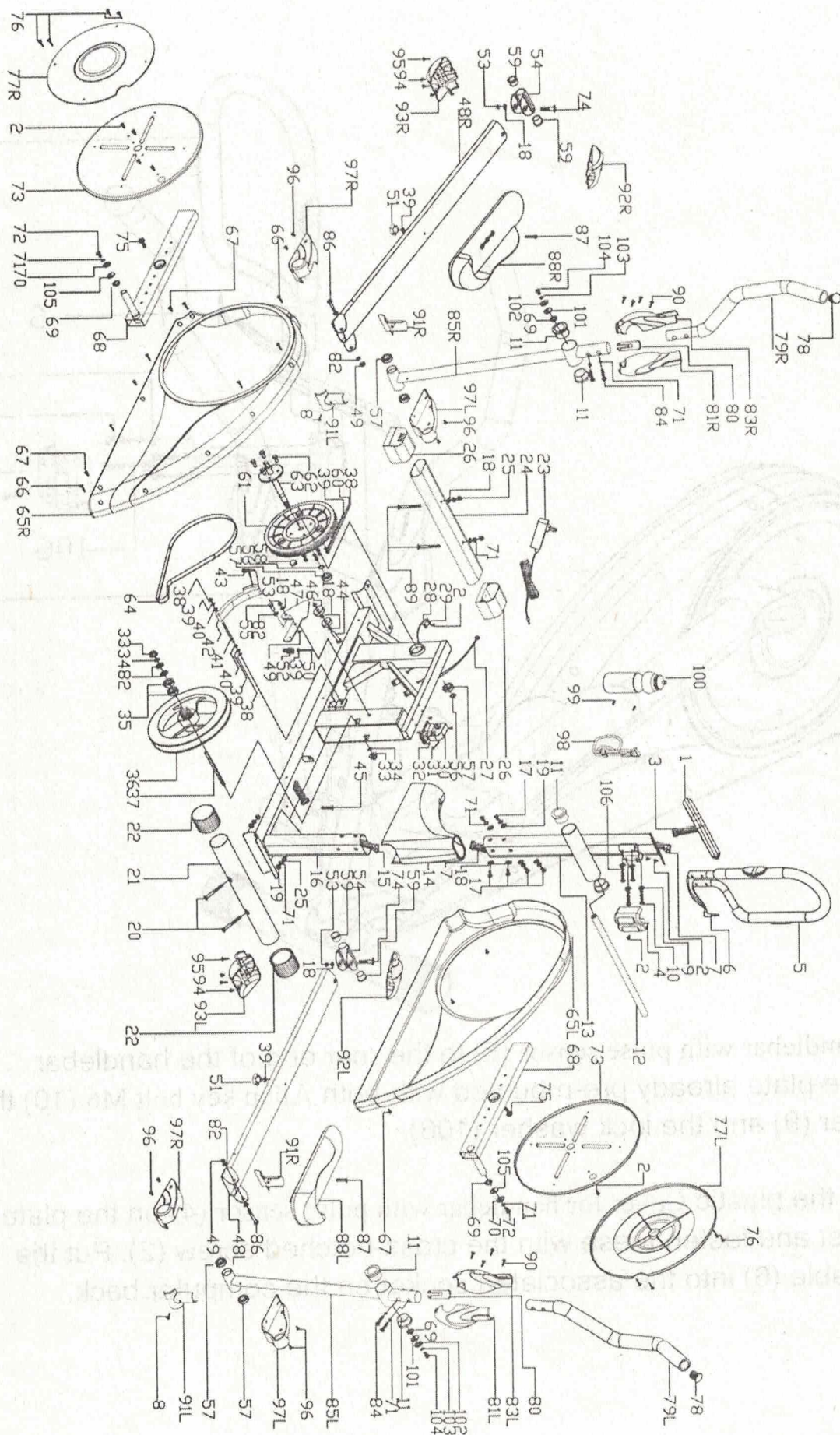
Unscrew the two cross-notched screws (2) from the computer back (1). Put the upper sensor cable (7) into the associated socket/cables on the computer back, and you push now the computer (1) onto the mounting plate at the handlebar post (13). Then you fasten the computer (1) to the mounting plate with the two cross-notched screws (2),

Step9



Fasten the handlebar with pulse sensor (5) to the rear end of the handlebar post(13) in the plate already pre-mounted with both Allen key bolt M6 (10) the curved washer (9) and the lock washer (106).

Then you set the plastic Cover for handlebar with pulse sensor (4) on the plate of handlebar post and fasten these with the cross-notched screw (2). Put the hand pulse cable (6) into the associated socket on the computer back.



| Part number | Name | Specification | Quantity |
|-------------|---------------------------------------|-----------------------------|----------|
| 1 | Computer | | 1PC |
| 2 | Screw M5 | M5*10L | 12PCS |
| 3 | Computer wire or hole | | 1PC |
| 4 | Cover for handlebar with pulse sensor | | 1PC |
| 5 | Handlebar with pulse sensor | | 1PC |
| 6 | Pulse sensor wire | | 1SET |
| 7 | Upper plug for upper computer wire | | 1PC |
| 8 | Screw M4 | M4*30L | 2PCS |
| 9 | Curved washer | $\phi 18 * \phi 6 * 1.0T$ | 4PCS |
| 10 | Allen key bolt M6 | M6*50L | 4PCS |
| 11 | Metal bushing (or Powder metallurgy) | Inside hole $\phi 48$ | 6PCS |
| 12 | Handlebar axle | | 1PC |
| 13 | Handlebar post | | 1SET |
| 14 | Frone small plastic chain cover | | 1PC |
| 15 | Lower plug | | 1PC |
| 16 | Main frame | | 1SRT |
| 17 | Allen key bolt M8 | M8*16L | 6PCS |
| 18 | Falt washer | $\phi 20 * \phi 8 * 1.2T$ | 10PCS |
| 19 | Curved washer | $\phi 20 * \phi 8 * 1.2T$ | 6PCS |
| 20 | Carriage bolt M8 | M8*70L | 2PCS |
| 21 | Front stabilizer | | 1PCS |
| 22 | Front stabilizer cap | | 2PCS |
| 23 | Adaptor | | 1PC |
| 24 | Rear stabilizer | | 1PCS |
| 25 | Domed nut M8 | M8 | 4PCS |
| 26 | Rear stabilizer cap | | 2PCS |
| 27 | Wire of motor | | 1PC |
| 28 | Sensor fixer | | 1PC |
| 29 | Sensor | | 1PC |
| 30 | Motor | | 1SET |
| 31 | Screws of motor | | 1PCS |
| 32 | Cross-notched screw M5 | M5*40L | 1PCS |
| 33 | Flange nut M10 | 3/8 " | 2PCS |
| 34 | $\phi 12$ Snap ring | | 2PCS |
| 35 | Bearing | 6000zz | 2PCS |
| 36 | Flywheel | $\phi 260$ | 1PCS |
| 37 | Flywheel axle | | 1PCS |
| 38 | Locknut M6 | | 6PCS |
| 39 | Flat washer | $\phi 18 * \phi 6.2 * 1.0T$ | 9PCS |

| | | | |
|----|---|---------------------------|-------|
| 40 | Nut M6 | | 2PCS |
| 41 | Threaded rod (double-end) | ϕ 6*75L | 1PCS |
| 42 | Magnet mounting plate with magnet | ϕ 273 | 1SET |
| 43 | Spring | | 1PCS |
| 44 | Hexagon screw M8 | M8*40L | 1PCS |
| 45 | Cross-notched screw M5 | M5*40L | 1PCS |
| 46 | Bearing | 6300zz | 2PCS |
| 47 | Fixing plate for idle wheel | | 1PC |
| 48 | Pedal arm (L&R) | | 1SET |
| 49 | Lock nut M10 | M10 | 3PCS |
| 50 | Hexagon screw M6 | M6*75L | 1PCS |
| 51 | Grasp nut | M6 | 2PCS |
| 52 | Spring | | 1PCS |
| 53 | Locknut M8 | | 3PCS |
| 54 | Mounting plate for pedal arms | | 2SET |
| 55 | Hexagon screw M10 | M10*40L | 1PCS |
| 56 | Lock washer ϕ 17 | | 1PCS |
| 57 | Bearing | 6203RS | 4PCS |
| 58 | Magnet sensor | | 2PCS |
| 59 | Metal bushing (or Powder metallurgy) | | 4PCS |
| 60 | Spring washer | ϕ 6.0 | 4PCS |
| 61 | Drive pulley | ϕ 320 | 1PC |
| 62 | Hexagon screw M6 | M6*15L | 4PCS |
| 63 | Axle for drive pulley | | 1SET |
| 64 | Belt | 590J 4F | 1PC |
| 65 | Chain cover (L&R) | | 1SET |
| 66 | Cross-notched screw M5 | M5*25L | 7PCS |
| 67 | Cross-notched screw M5 | M5*20L | 6PCS |
| 68 | Support frame for pedal | | 2SET |
| 69 | Wave washer | ϕ 16 | 6PCS |
| 70 | Flat washer | ϕ 28* ϕ 8*2.0T | 2PCS |
| 71 | Lock washer | ϕ 8 | 16PCS |
| 72 | Socket head screw M8 | M8*25L | 2PCS |
| 73 | Rotation steel disk | | 2PC |
| 74 | Socket head screw M8 | M8*45L | 2PCS |
| 75 | Hexagonal screw M8 | M8*20L | 2PCS |
| 76 | Cross-notched screw | | 8PCS |
| 77 | Plastic cover for steel rotation disk (L&R) | | 1SET |
| 78 | End cap for hand grip | | 2PC |
| 79 | Hand grip (L&R) | | 1SET |
| 80 | Plastic socket | | 2PC |
| 81 | Cover for hand grip, front (L&R) | | 1SET |
| 82 | Flat washer | ϕ 20* ϕ 10*1.5T | 4PCS |

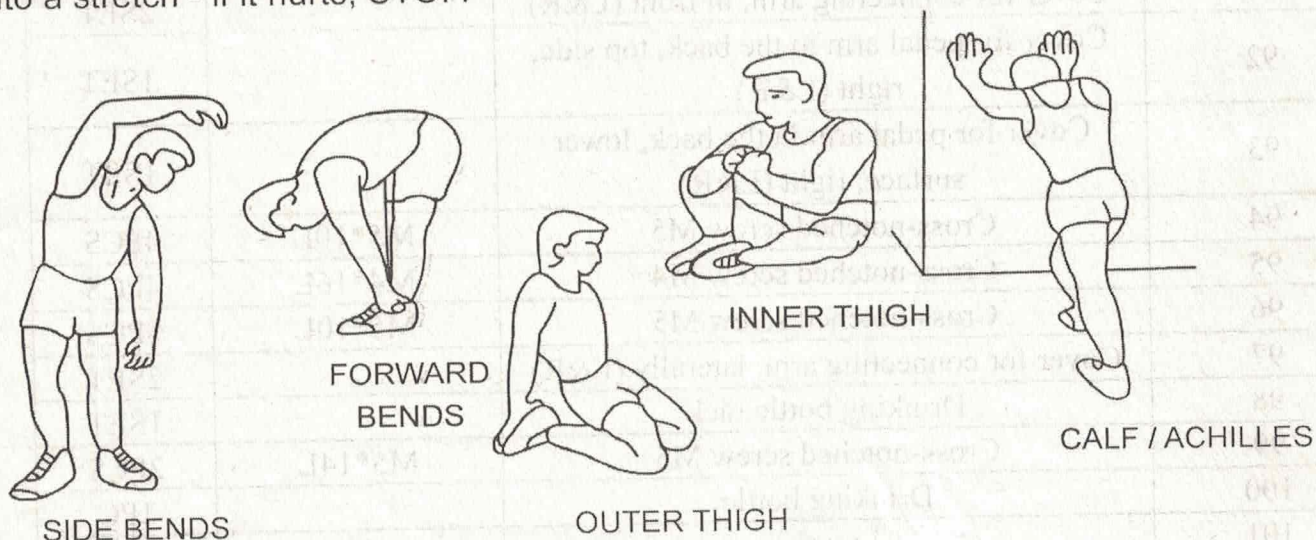
| | | | |
|-----|---|----------------------------|------|
| 83 | Cover for hand grip, rear (L&R) | | 1SET |
| 84 | Socket head screw M8 | M8*45L | 4PCS |
| 85 | Connecting arm (L&R) | | 1SET |
| 86 | Socket head screw M10 | M10*100L | 2PCS |
| 87 | Lock screw for pedal M6 | M6*45L | 2PCS |
| 88 | Pedal (L&R) | | 1SET |
| 89 | Carriage bolt M8 | M8*55L | 2PCS |
| 90 | Cross-notched screw M4 | M4*16L | 8PCS |
| 91 | Cover for connecting arm, in front (L&R) | | 2SET |
| 92 | Cover for pedal arm in the back, top side, right (L&R) | | 1SET |
| 93 | Cover for pedal arm in the back, lower surface, right (L&R) | | 1SET |
| 94 | Cross-notched screw M5 | M5*10L | 4PCS |
| 95 | Cross-notched screw M4 | M4*16L | 4PCS |
| 96 | Cross-notched screw M5 | M5*10L | 8PCS |
| 97 | Cover for connecting arm, laterally (L&R) | | 2SET |
| 98 | Drinking bottle rack | | 1SET |
| 99 | Cross-notched screw M5 | M5*14L | 2PCS |
| 100 | Drinking bottle | | 1PC |
| 101 | D-washer | $\phi 28 * \phi 16 * 4.5T$ | 2PCS |
| 102 | Flat washer | $\phi 28 * \phi 10 * 2.0T$ | 2PCS |
| 103 | Lock washer | $\phi 10$ | 2PCS |
| 104 | Socket head screw M10 | M10*25L | 2PCS |
| 105 | D-washer | $\phi 28 * \phi 16 * 2.0T$ | 2PCS |
| 106 | Lock washer $\phi 6$ | $\phi 6$ | 4PCS |
| | | | 1PC |

EXERCISE INSTRUCTIONS

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

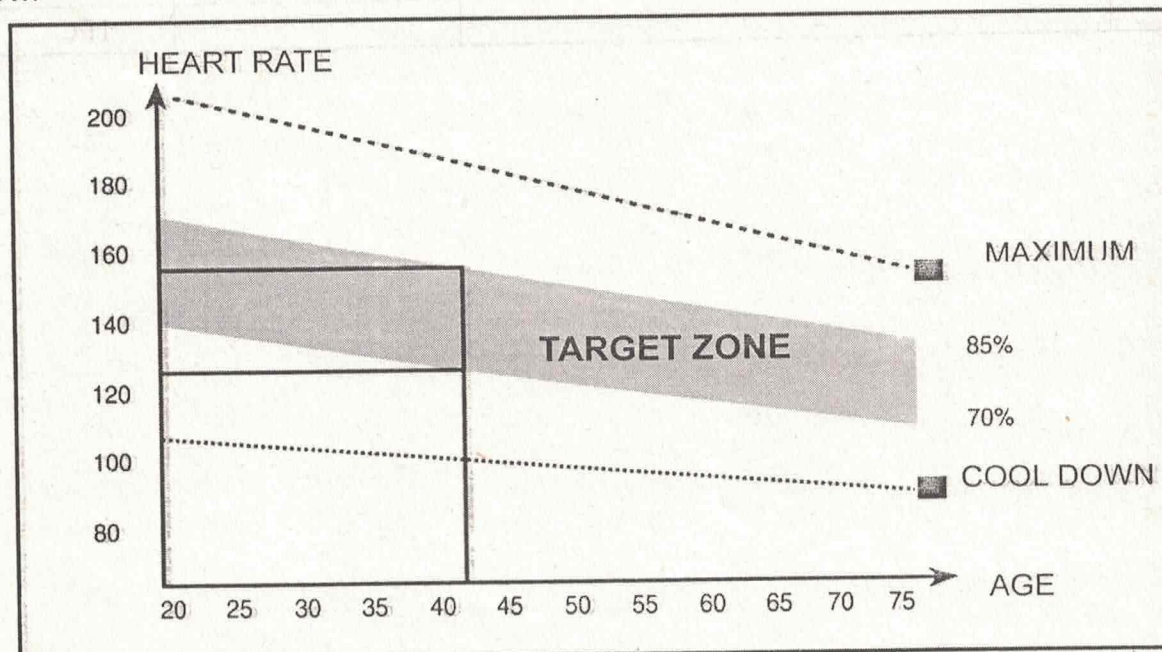
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

4. Fault Finder

1. If you do not receive numbers appearing on your computer, please ensure all connections are correct.

MUSCLE TONING

To tone muscle while on your EXERCISE CYCLE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Instruction for Exercise Monitor TZ-6187

Power on

The full LCD display will be shown with a long beep at the same time after the monitor is power on, after that entering the user of selection mode.

Note : when no signal input about 256s, it will be in sleep mode. Press any key to return the display.

Select the user

There are five users can be selected:U0\U1\U2\U3\U4. When it powers on, User can press the UP or DOWN button to select the one.

Select the training mode

After finishing User selection, press the MODE button to enter the selection of training mode. However you can press the UP or DOWN button to select the training mode and press the MODE button to confirm the training mode.

There are five training mode can be selected : MANUAL、PROGRAM、WATT、HRC、USER.

Set training data

Press the UP or DOWN button to select the user, press the MODE button to confirm user of selection, entering the training mode at the same time.

Press the UP or DOWN button to select the training mode, and press the MODE button to confirm mode of selection, entering the setting data at the same time.

Training data:

TIME DIST CAL THR

User just can choose one of Training data of TIME、DIST and CAL to be preset.

SETTING THE TRAINING DATAS

| Field | Display Range | Default | Increment/ Decrement | Description |
|-------|---------------|---------|-------------------------|---|
| TIME | 0:00~ 99:00 | 0:00 | $\pm 1:00$ | 1.It will count up without the preset value. 2.When time is 1:00-99:00, It will count down to 0. |
| DIST | 0.0~999.0 | 0.0 | ± 1.0 | 1.It will count up without the preset value. 2.When DIST is 1:00-999.0, It will count down to 0. |
| CAL | 0~9990 | 0 | ± 10 | 1.It will count up without the preset value. 2.When CAL is 10-9990, It will count down to 0. |
| THR | 60-220 | 90 | ± 1 | When Heart Rate exceeds the preset value, the monitor will be alerted and the value will flash. |

Function buttons

| FUNCTION button | DESCRIPTION |
|-----------------|--|
| RESET | 1. In setting mode, press this button to reset the function value. 2. In setting mode, press this button over two seconds, it will enter to selection training mode display. 3. In selection training mode display, press this button to enter selection user mode display. 4. In body fat program, press this button to exit the body fat program. |
| MODE | 1. press this button to confirm the selection mode. 2. press this button to confirm the setting value. |
| UP | 1. press this button to select the mode in selection mode. 2. press this button to increase the setting value in setting workout data. 3. During the workout, press the button to increase the resistance load. |

| | |
|-------------------|---|
| DOWN | 1. press this button to select the mode in selection mode. 2. press this button to decrease the setting value in setting workout data. 3. During the workout, press the button to decrease the resistance load. |
| START/STOP | 1. In user selection or training selection mode, press this button to start training. 2. In exercising condition, press this button to stop exercising. 3. In body fat program, press this button to start measurement. |
| RECOVERY | Press this button to test the pulse recovery for 60 seconds. User need to hold the hand-pulse touch sensor , After one minute the LCD will display F1-F6 to show your recovery , F1 is the best and F6 is the worst. |
| BODYFAT | Press this button to enter bodyfat measurement and press START/STOP to start measurement. User need to hold the hand-pulse touch sensor, after the measurement, the LCD will display FAT% and BMI. |

FUNCTION OF TRAINING MODE

MANUAL

SETTING THE MANUAL PROGRAM DATAS

Use the UP or DOWN button to select "MANUAL", and press the MODE button to select TIME , DIST, CAL, THR to preset. When select this value, this data will flash and press the UP or DOWN button can adjust. After that pressing the MODE button to confirm this setting value. Then pressing START/STOP button start training. The user can adjust the level of loading by pressing the UP or DOWN button during training.

Note :

User just can choose one of Training data of TIME or DIST or CAL to be preset.

.....The computer will alarm with a beep sound and enter STOP condition automatically when the preset value count down to zero, and then user can press START/STOP button to train continuously

PROGRAM

There are 12 preset programs and 1 body fat program can be chosen, each preset program has 16 levels.

SETTING THE PRESET PROGRAM DATAS

Pressing MODE key entering selection mode of program, Then using UP or DOWN key can select the one preset program, and press the MODE button to select TIME , DIST, CAL, THR to preset, when select this value, this data will

flash and press the UP or DOWN button can adjust. After that pressing the MODE button to confirm this setting value. Then pressing START/STOP button start training. The user can adjust the level of loading by pressing the UP or DOWN button during exercise.

Note :

User just can choose one of Training data of TIME or DIST or CAL to be preset.

The computer will alarm with a beep sound and enter STOP condition automatically when

the preset value count down to zero, and then user can press START/STOP button to train continuously

SETTING PERSONAL DATAS FOR BODY FAT PROGRAM

Pressing MODE key entering selection mode of program, Then using UP or DOWN key

Select body fat program, then press MODE key, the value of AGE "25" will flash, press UP

Or DOWN key to adjust this value, then press MODE key to confirm it, at the same time,

The flash move to the next preset value. The value of gender "M" will flash, press UP Or

DOWN key to adjust this value, then press MODE key to confirm it, at the same time, The

flash move to the next preset value. the value of height "175" will flash, press UP Or DOWN

key to adjust this value, then press MODE key to confirm it, at the same time, The flash

move to the next preset value. The value of weight "70" will flash, press UP Or DOWN

key to adjust this value, then press MODE key to confirm it. When finishing the setting

value, pressing the START/STOP key to start measurement and hold on the hand-pulse

grasp at the same time.

Soon later, the meter will display the measuring result: FAT% and BMI.

WATT

SETTING THE WATT PROGRAM DATAS

Use the UP or DOWN key to select "WATT", and press the MODE button to select TIME, WATT, DIST, CAL, THR to preset, when select this data, this data will flash and press the UP or DOWN button can adjust. After that pressing the MODE button to confirm this setting value. Then pressing START/STOP button start training, the computer will adjust the level of loading automatically base on the user's speed during training.

Note :

User just can choose one of Training data of TIME or DIST or CAL to be preset.

The computer will alarm with a beep sound and enter STOP condition automatically when

the preset value count down to zero, and then user can press START/STOP button to train

continuously

HRC

HRC program contains THR, 65%, 75% and 90%.

65% TARGET H.R= 65% of (220-AGE)

75% TARGET H.R= 75% of (220-AGE)

90% TARGET H.R= 90% of (220-AGE)

SETTING THR PROGRAM DATAS

Use the UP or DOWN key to select "THR", and press the MODE button to select TIME, DIST, CAL, THR to preset. When select this data, this data will flash and press the UP or DOWN button can adjust. After that pressing the MODE button to confirm this setting value. Then pressing START/STOP button start training, After that you hold on the hand-pulse sensor during the training. The meter will base on your current pulse adjust the level of loading automatically to reach user's THR of setting.

Note :

If the pulse value is less than your preset THR, the computer will increase one level per 30 seconds; if the pulse value is higher than your preset THR, it will decrease one level per 20 seconds.

User just can choose one of Training data of TIME or DIST or CAL to be preset.

The computer will alarm with a beep sound and enter STOP condition

automatically when
the preset value count down to zero, and then user can press START/STOP
button to train
continuously

SETTING THE HRC(65%\75%\90%) PROGRAM DATAS

Use the UP or DOWN key to select the one of "65%\75%\90%", and press the MODE button can select TIME, DIST, CAL to preset. When select this data, this data will flash and press the UP or DOWN button can adjust. After that pressing the MODE button to confirm this setting value. Then pressing START/STOP button start training, After that you hold on the hand-pulse sensor during the training. The computer will base on your current pulse adjust the level of loading automatically to reach user's THR of setting.

Note :

If the pulse value is less than your preset THR, the computer will increase one level per 30 seconds; if the pulse value is higher than your preset THR, it will decrease one level per 20 seconds.

User just can choose one of Training data of TIME or DIST or CAL to be preset.

The computer will alarm with a beep sound and enter STOP condition

automatically when
the preset value count down to zero, and then user can press START/STOP
button to train
continuously

USER

User program allows user to set their own program.

SETTING THE USER PROGRAM DATAS

Use the UP or DOWN key to select "USER", press the MODE button and the first loading will flash and press the UP or DOWN button to adjust the level. After that pressing the MODE button to confirm and move to next loading continue for all 20 loading. After that press the MODE button to select TIME or DIST or CAL and THR to preset, when select this data, this data will flash and press the UP or DOWN button

can adjust. After that pressing the MODE button to confirm this setting value. Then pressing START/STOP button start training, So you can start training. The user can adjust the level of loading by pressing the UP or DOWN button during training.

Note :

User just can choose one of Training data of TIME or DIST or CAL to be preset.

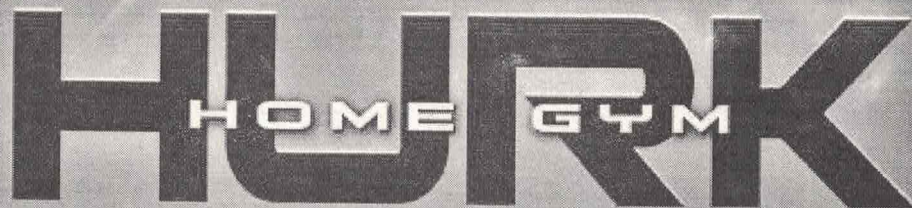
The computer will alarm with a beep sound and enter STOP condition

automatically when

the preset value count down to zero, and then user can press START/STOP

button to train

continuously.

The logo for HURK HOME GYM. The word "HURK" is in a large, bold, black, sans-serif font. The words "HOME GYM" are in a smaller, white, sans-serif font, positioned between the "U" and "R" of "HURK". The entire logo is set against a dark, textured rectangular background.

one adjust. After that pressing the MODE button to confirm this setting value. Then pressing START/STOP button start training. So you can start training. The user can adjust the level of loading by pressing the UP or DOWN button during training.

Note:
User just can choose one of training data: TIME or DIST or CAL to be pressed. The computer will alarm with a beep sound and enter STOP condition automatically when the preset value count down to zero, and then user can press START/STOP button to start continuously.

